

## WHM 30km - DIY 16 week training program – Kindly Prepared by Coach Christine Suter

**Begins Week of Monday February 17, 2020**

| Weeks   | Monday | Tuesday     | Wednesday  | Thursday                   | Friday                        | Saturday- Long<br>SlowDistanceLSD | Sunday- slow |
|---------|--------|-------------|--|----------------------------|-------------------------------|-----------------------------------|--------------|
| Week 1  | Off    | 5km easy    | 6km tempo  | 5km slow<br>Or cross train | OFF running or<br>Cross train | 12km LSD                          | 5km slow     |
| Week 2  | Off    | 5km easy    | 6km tempo  | 5km slow<br>Or cross train | OFF                           | 14                                | 5km slow     |
| Week 3  | Off    | 6km easy    | 6km tempo  | 6km slow<br>Or cross train | OFF                           | 16                                | 5km slow     |
| Week 4  | Off    | 7km tempo   | 8km tempo  | 6km slow<br>Or cross train | OFF                           | <b>12</b>                         | 7km slow     |
| Week 5  | Off    | 6km steady  | 8 km tempo   | 7km slow or<br>cross train | OFF                           | 18                                | 6km slow     |
| Week 6  | Off    | 5km easy    | Hill repeats<br>4x 3min hill<br>climb<br>Finish strong | 7km slow or<br>cross train | OFF                           | 20                                | 6km slow     |
| Week 7  | Off    | 5km easy    | Hill repeats<br>6 x 3min<br>Finish strong              | OFF                        | OFF                           | 14                                | 8km slow     |
| Week 8  | Off    | 6km steady  | Hill repeats<br>8x 2min<br>Hard and fast               | 5km slow or<br>Cross train | OFF                           | 22                                | 5km slow     |
| Week 9  | Off    | 7 km steady | Hill repeats<br>8x 2 min<br>Hard and fast              | 5km or<br>Cross train      | OFF                           | 24                                | 6km slow     |
| Week 10 | Off    | 7km slow    | Speed  | OFF                        | OFF                           | 16                                | 8km slow     |

|                      |     |            |                   |                            |          |          |                    |
|----------------------|-----|------------|-------------------|----------------------------|----------|----------|--------------------|
|                      |     |            | 3x 1mile          |                            |          |          |                    |
| Week 11              | Off | 6km steady | Speed<br>4x 1km   | 5km or<br>cross train      | OFF      | 26       | Off                |
| Week 12              | Off | 7km steady | Speed<br>8x 800m  | 5km slow or<br>cross train | OFF      | 28       | Off                |
| Week 13              | Off | 7km steady | Speed<br>12x 400m | 7km slow or<br>Cross train | OFF      | 20       | 6km slow           |
| Week 14              | Off | 8km slow   | 8km steady        | 7km slow or<br>Cross train | OFF      | 17       | 5km slow           |
| Week 15              | Off | 10km slow  | 8km steady        | 7km slow or<br>Cross train | OFF      | 15       | 5km slow or<br>OFF |
| Week 16<br>Race week | Off | 8km steady | 6km slow          | Off                        | 3km slow | 30km Run | 30-45min walk      |

**For hills and speed work do 3km warm up run and 2km cool down**

**Recovery for your hills- run the down hill plus 30 sec/ recovery for your speed sets will be approx. 3min for your mile and 2min for your km and 800m, repeats**

**Slow/Easy Run-** these are easy runs done at a pace where you could easily hold a conversation-

**Steady-** this pace is inbetween your warmup pace and tempo- so a little faster than your easy run

**Tempo/hill Run-** these runs are above your average run pace and just below your race pace- should be out of your comfort zone for the time stated-

**Speed –** these are done fast and hard- they are short so you can push them- almost like a sprint- faster than your race pace!

**Long slow distance runs-** 90-120 sec slower/ mile than your race pace

**Stretching-** please add 10mins of stretching to the end of your runs and other workouts to help keep you limber.

For this plan you can choose to run 4 or 5x/ week, if you choose to run 5 then follow the program days outlined, if you choose to run four you can either switch to running Tues/Thurs/Sat/Sun and do cross training or rest days on Wed./ Friday

Cross training includes- swimming, cycling, weight training